

## How Can Pilates Benefit Me?

If done safely and correctly, Pilates can help alleviate and prevent back, neck and other musculoskeletal pain. It will address and improve posture, muscle performance, motor control, physical and mental well-being.

## The Beyond Basics Difference

Our Pilates program provides 1-on-1 sessions with Pilates equipment with our program director Dania Kafka, MS, DPT, a licensed physical therapist. She specializes in treating pelvic floor dysfunction, pre-natal and postpartum conditions, women's health, dance medicine, and orthopedic injuries.

During the first visit the therapist will review the client's past medical history and evaluate the client's musculoskeletal function. The remainder of the session will emphasize proper breathing techniques, correct spinal and pelvic alignment, smooth flowing movement, and increased body awareness through the use of Pilates' exercises on the Pilates Reformer, Tower, and mat. Subsequent sessions will be geared towards achieving the goals of the client through the use of the equipment as well as developing a home program.

## Goals of Pilates

- Proper breathing
- Look leaner and longer
- Core stabilization
- Strengthen muscles to maximize performance
- Improve cardiovascular fitness
- Coordinate the mind, body, and spirit
- Improve posture
- Gain balance and control
- Relax, stretch and energize
- Be more graceful, more agile, and more coordinated

## Pilates, when performed correctly, can be used for:

- Pre-Natal/Post-Partum
- Pelvic Floor Dysfunction
- Musculoskeletal, Sports and Dance-related injuries
- Wellness and Fitness

**Beyond Basics Pilates** focuses on good core stabilization in order to decrease the patient's symptoms and improve posture and body mechanics.

Our Pilates Program can improve many musculoskeletal, pre-natal and post-partum conditions, as well as help with general health, fitness and prevention of injuries.

For a client with pelvic pain or history of pelvic pain, one must strengthen the core without overuse of the pelvic muscles. In clients with incontinence, we need to train the core muscles while strengthening the pelvic muscles.

